Aging Adults and Evidence Based Practices
1st Annual Conference in Utah

October 9-10, 2018

Presentations and Learning Objectives

Curbing the Rising Tide of Substance Abuse Among Older Adults
Dr. Frederic Blow, PhD, MA

After attending this plenary session participants will:

A. Learn more about alcohol, opioid and other drug use trends among older adults.
B. Learn how to prevent this from becoming a public health crisis.

SAMHSA Perspective on Aging Adults with Serious Mental Illness and Substance Use Disorders
Eric Weakly, MSW, MBA, PMP

The purpose of the presentation is to provide national data regarding older adults with Serious Mental Illness and Substance Use disorders. There will also be a discussion of SAMHSA materials related to the treatment of older adults with mental health and substance use disorders.

Following this plenary session, you will be able to:

A. Understand the prevalence of mental health disorders in aging adults,
B. Understand the prevalence of substance use disorders in aging adults,
C. Understand trends in mental health and substance use disorders in aging adults; and become familiar with SAMHSA materials related to older adults.

PASRR 101: An overview of the design and operation of the program
Anne Blackfield, JD (Invited) and Edward Kako, PhD

Once you have attended this session you will be able to:

A. Understand the basic purpose of PASRR
B. Understand the Level I screening processing
C. Understand the Level II evaluation process
D. Understand the exempted hospital discharge
E. Understand categorical determinations
F. Understand the nature and function of Specialized Services and how Medicaid can be used to finance them

Introduction to Evidence Based Practices for Older Adults
Debbie A. Webster, MS

Once you have attended this session you will be able to:
    A. Understand the projected number of older adults nationally and in Utah.
    B. Identify the array of evidenced-based practices addressing mental health and substance use disorders.
    C. Understand the basic elements of the identified evidenced-based practices.

Creating Safety During A Suicidal Crisis
Kimberly Myers, MSW

After being engaged in this presentation, you will be able to:

    A. Define the scope of the problem of suicide in Utah
    B. Differentiate between risk factors, protective factors and warning signs of suicide
    C. Identify effective means safety strategies for suicide prevention
    D. Demonstrate the ability to develop a comprehensive and collaborative safety plan with someone at risk for suicide

Data Analytics, Beyond Compliance: Knowing Who We Serve, and Demonstrating Program Efficacy
Matthew Lister, MBA and Nancy Shanley, MS

This presentation presents multiple examples of unique slices of PASRR program data that: Describe underlying characteristics of the groups served by PASRR; Detail statistics and demographics underlying PASRR program operations that we may all suspect, but rarely quantify and discuss; and that provide a drilled-down view of recent PASRR program efficacy results that may suggest a different conclusion is warranted.

Attendees will come away with knowledge of:

    A. Empirically based characteristics of PASRR populations
    B. Empirically based characteristics of PASRR operations findings
    C. How taking a closer look at PASRR program efficacy data may change conclusions drawn by recent studies

It is the goal of this presentation to encourage attendees to be motivated to go home, get their hands on their PASRR data, and actively use the data in new and meaningful ways to develop a deeper understanding of the people they serve, the characteristics of their program operations, and the efficacy of their program overall.

Behavioral Activation: An Evidence Based Depression Treatment for Older Adults
Nirmala Dhar, LCSW, ACSW

As a result of participating in this breakout, you will be able to:

A. Describe the rationale for behavioral activation
B. Identify activities to help clients connect with their values
C. Use activity structuring and scheduling to engage in adaptive activities associated with pleasure and or mastery
D. Identify ways to help your clients discover their barriers to engaging in adaptive activities in order to maintain and increase them

Complex Behavior Management in Older Adults
Madhu Gundlapalli, MD

As a result of participating in this session, you will be able to:

A. Recognize the complexity of interaction between cognition, physical health, environment and psychological issues in behavioral expression.
B. Perform effective management by understanding the reasons for the behavior.

PASRR Round Table Session Facilitated by NAPP

After attending this sessions, participants will be able to:

A. Identify two examples of PASRR procedures in relevant PASRR topics.
B. Develop knowledge on PASRR implementation strategies.
C. Learn strategies to identify resources to support state PASRR programs.
D. Identify potential federally-compliant solutions to typical PASRR program issues

Dementia and Elder Abuse
Nirmala Dhar, LCSW, ACSW

After attending this session, you will be able to:

    A. Understand the prevalence of Elder Abuse
    B. Understand the definition of Elder Abuse
    C. Know the different types of Elder Abuse
    D. Understand dementia as a risk factor for Elder Abuse

An Emerging Public Health Crisis: Opioids and Other Substance Abuse Among Older Adults (Part I and II)

Elisha Figueroa, LMSW and Mary Ellen Shannon

Substance use disorders in adults ages 50 and older are expected to double from 2.8 million to 5.8 million by 2020. Researchers warn that the projected doubling of the older adult population – combined with the increase in substance abuse – could create a public health crisis. During the first part of the workshop participants will examine the critical role of prevention in addressing this emerging crisis; during the second part they will create a plan for mobilizing new partners and accessing resources to assess and monitor the needs of the older adult population.

After attending these sessions, participants will be able to:

    A. Identify the key substance abuse issues among older adults on a national level as well as the factors that contribute to them.
    B. Identify strategies for assessing substance abuse issues impacting older adults at state and community levels.
    C. Identify and mobilize partners needed to address substance abuse among older adults.

Medicaid Home and Community Based Services for Older Adults
Kevin Bagley

As a result of participating in this session, you will be able to:

    A. Understand the programs available through Medicaid for Older Adults
    B. Understand the program eligibility requirements and available services.

Hoarding Disorder Interventions

Janet A. Spinelli, PhD, RN, PCNS

As a result of participating in this breakout, you will be able to:

A. Identify common types of hoarding interventions
B. Develop knowledge on hoarding intervention strategies
C. Learn strategies to identify resources to support individuals with hoarding disorders in their community
D. Learn strategies to support hoarding resource development in their community

The Deep Well: Taking Care of Your Behavioral Health

Brian C. Miller, PhD

After participating in this session, participants will be able to:

A. List four key skills for managing intense affect and reducing post-work agitation;
B. Describe how intense negative feelings can be "metabolized" so they do not produce negative and long-term effects;
C. Commit to one or more key strategies that will change the participant's way of engaging their work when they return.